



WHATSheATE



Onion-Topped Sausage 'n' Mashed Potato Casserole

 Gluten Free

READY IN



68 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil leaves fresh loosely packed chopped
- ☐ 1 cup fried onions french
- ☐ 1 teaspoon garlic-and-herb seasoning salt-free
- ☐ 19.5 oz ground turkey sausage sweet
- ☐ 8 oz five-cheese blend shredded italian
- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian
- ☐ 24 oz potatoes refrigerated mashed garlic-flavored

- ☐ 1 shallots chopped
- ☐ 29 oz tomatoes in sauce diced canned

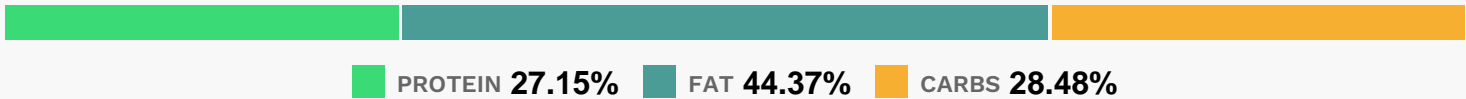
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Brown sausage in a large skillet over medium-high heat, stirring often, 6 to 8 minutes or until meat crumbles and is no longer pink; drain.
- ☐ Stir in tomatoes and next 3 ingredients, and cook, stirring occasionally, 5 minutes.
- ☐ Transfer sausage mixture to a lightly greased 11- x 7-inch baking dish.
- ☐ Stir together mashed potatoes, cheese, and Italian seasoning in a large bowl. (
- ☐ Mixture will be dry.)
- ☐ Spread potato mixture over sausage mixture in baking dish.
- ☐ Bake at 350 for 35 to 40 minutes or until bubbly. Top with fried onions, and bake 5 more minutes.
- ☐ Let stand 5 minutes before serving.
- ☐ *1 (1 1/4-lb.) package ground chicken sausage may be substituted.
- ☐ **1/2 tsp. dried basil may be substituted.
- ☐ Note: For testing purposes only, we used Bob Evans Garlic Mashed Potatoes and Mrs. Dash Garlic & Herb Seasoning Blend.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:14.68, Inflammation Score:-5, Nutrition Score:17.32782626152%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 439.4kcal (21.97%), Fat: 22.01g (33.86%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 27.74g (10.09%), Sugar: 4.48g (4.98%), Cholesterol: 77.55mg (25.85%), Sodium: 903.7mg (39.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.6%), Vitamin C: 37.72mg (45.72%), Vitamin B6: 0.9mg (45.03%), Vitamin B3: 6.43mg (32.15%), Potassium: 994.32mg (28.41%), Phosphorus: 256.94mg (25.69%), Zinc: 3.37mg (22.45%), Vitamin B12: 1.2µg (19.96%), Vitamin B2: 0.33mg (19.37%), Iron: 3.4mg (18.91%), Manganese: 0.33mg (16.31%), Fiber: 4.05g (16.2%), Calcium: 153.83mg (15.38%), Copper: 0.3mg (15.21%), Magnesium: 60.4mg (15.1%), Vitamin B1: 0.23mg (15.09%), Vitamin B5: 1.45mg (14.52%), Vitamin K: 10.83µg (10.31%), Folate: 36.01µg (9%), Vitamin E: 1.09mg (7.25%), Vitamin A: 286.02IU (5.72%)